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THE ADVENTURE OF CONSCIOUSNESS AND THE SPIRITUALITY OF BEING HUMAN

by Laurie A. Monroe

In this FOCUS, we are combining the spring and summer issues and we are enclosing two quarterly tapes. We hope you understand that this will help us reduce our printing and mailing costs for this year. Fall will also be an expanded issue and will include two quarterly tapes. As always, we appreciate your support and dedication to our work.

Shirley Bliley, editor of the FOCUS and JOURNAL and DEC coordinator, has been ill for the past two months and recently had a hospital stay of two weeks. Many of the DEC members participated in helping Shirley through this time, and we appreciate your sending her lots of love and healing energy. Shirley is home now and we hope she will be able to return to work shortly with her dedication and tenacious work ethic.

The Professional Seminar, which was held March 9 through 13, was a great success. We had sixty attendees, and Marilyn Schlitz, director of research for the Institute of Noetic Sciences, was our keynote speaker. All of the presentations were excellent and informative. It is wonderful to hear so many inspirational and exciting stories regarding the use of Hemi-Sync®. I feel this is indicative of a growth trend for TMI as well as of the widespread recognition and use of Hemi-Sync.

The following is an excerpt from professional and Board of Advisors member Ronald Russell's talk. "The work of Bob Monroe was not to devise any sort of theory of consciousness but to explore consciousness. As an explorer he sought to create maps of the territories that he personally explored. He was convinced that focused consciousness contains definitive solutions to the questions of human experience. I've vainly been seeking a description of consciousness within science. Instead, what I and others have to look for is the description of science within consciousness. We must develop a science compatible with consciousness ... a primary experience. The gift of Bob Monroe provides the opportunity, if we want to take it, to move into that open country on the map, to break through limitations and become free. He gives us the tools and equipment that we can use to make our own exploration and discoveries. When we come here for courses, we move away from our everyday existence into a sort of magical realm, a realm we can explore and enjoy where linear time becomes irrelevant and space expands and contracts as it happens. When I went home after my first *GATEWAY* course, I noticed that TMI is described as an educational and research establishment. I wondered about educational. What was taught? I realized that was the wrong question. The real question was "What was learned?" Not all of us will give the same answer to that question, but all the answers will relate to the unlimited power of consciousness."

Years ago, there was little reference to the work of the Institute or Bob Monroe. Today, things have changed. There are references to Monroe's work in many books, such as Christopher Bache's *Dark Night, Early Dawn*. There are a host of books by authors such as Joe McMoneagle, Frank DeMarco, Joe Gallenberger, Rosie McKnight, Bruce Moen and Ronald Russell, published by Hampton Roads Publishing Company, that reference the work of the Institute and Bob Monroe. For more information on these books, please visit their Web site at <http://www.hrpub.com>

Unfortunately, last year was a difficult year for TMI. We felt the effects of the economic recession, which resulted in the cancellation of ten programs in 2001. In contrast, the events of 9/11 did not affect our program enrollment; it simply affected participants' travel plans. We found that many people were taking the extra time to drive rather than fly.

We currently have thirty programs on the schedule for the balance of 2002. We need your help in filling these programs. You can make a difference in someone's life by recommending the *GATEWAY VOYAGE* and sharing your experience as a graduate of *GATEWAY*. As a member, if you have attended *GATEWAY*, you receive a \$200 discount on any graduate program of your choice. We hope you take advantage of this offer this year.

You are a part of the transformation that is occurring on this planet right now. Each one of us chose to be Here now to take part in this evolution of consciousness. It is up to each one of us to make a difference in whatever way we can. How do we make a difference? Perhaps in sharing your experiences with others, they will recognize a part of them within the experience itself. We all can act as mirrors to one another and through that process we can live the universal mind. If we are all one on some level, then it would be natural that we can connect on that level. I had someone ask me recently, "Is our being here about constantly seeking that spiritual state or are we truly here to have a physical experience—knowing that awareness of our spiritual nature?" I thought about it for a moment and told him that being spiritual is a personal perception. What you feel within your heart is your expression of your own spiritual nature. One needs to do what feels right—that could be a walk along the beach, sitting in the woods listening to the sounds of nature, or going to a church. Whatever brings you closer to the source of who you are is your own expression of spirituality.

Once you feel that connection, simply express it in your daily life through your thoughts and actions. At the same time, find pleasure in being human and understanding what it means to be human. Remember we are truly spiritual beings having a human experience. Enjoy the journey.

I would like to thank each one of you for your participation in our work at TMI and for being a part of the TMI family. Those who have participated in our programs know the value of your experience. Through your own direct experience, you know the essence of who you are and

your expression of it can be felt by those around you. This knowing of self is so important in these times we are living in. Through our divine expression, we can make a difference and give back something of value to those who follow us. Thank you for your continuing support of TMI and your dedication to the evolution and exploration of human consciousness. See you in 27.

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